



ALOHA PUMEHANA

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Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

LUM AND MORISAKO HONORED AS OUTSTANDING NA KUPUNA

By Lot Lau

In the grand Coral Ballroom of the Hilton Hawaiian Village, amid proud enthusiastic applause and happy supporters, **George T.Y. Lum** and **Alice Morisako** were named Oahu's Outstanding Male and Female Senior Volunteers of the Year. They were honored as the best among 87 nominees representing various clubs and organizations.

The husband-wife team of newscaster **Kirk Matthews** and **Linda Coble** emceed the 37th Annual Mayor's Senior Recognition Pro-

impromptu dances from celebrating guests.

The highlight of the program was the introduction of the 87 dedicated senior volunteers. Each honoree was presented a Certificate of Appreciation and congratulated by Mayor Jeremy Harris, with assistance from Program Chairperson Maryellen Markley, PhD, and Honolulu Committee on Aging Chairman, Charles Clark.

Nominated by Palolo Chinese Home, **George Lum's** citation tells of his role as a teacher and presenter for SAGE PLUS, a state program that counsels about Medicaid and Medicare benefits. For 11 years he has been a Palolo Chinese Home board member and is currently the president, leading it into a rebuilding of its campus and health care programs. He has served thousands of hours on the Council of Community Church of Honolulu providing guidance to its ministries and building projects. He has devotedly cared for his mother-in-law and grandchildren. "He is an example of the foundation stones our society is built upon—reliable, consis-

tent, trustworthy, progressive in thinking and practical in application," his nominator said.

Alice Morisako, from the Moanalua Senior Citizen's Club, volunteers for many organizations, mostly with those that represent her culture and heritage or benefit her Moanalua community. She gives her time to Moanalua Gardens Foundation, Moanalua Schools, and Kaiser Medical Center. She honors her heritage through participation in the Hawaii United Okinawan Association and Ginowan Shijin Kai Ancestral Club. A few of her roles describe her versatility: student hostess, kitchen help, secretary, andagi cook, fund-raiser, docent coordinator, chairperson, and lei maker. Her citation describes her "remarkable ability

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gram. They, along with over 1200 dignitaries, families, friends, and well-wishers, were treated to a morning of performances by the **Makua Alii Singers**, the **Royal Hawaiian Band**, the **Polynesian Cultural Center Dance Troupe** with their rendition of Samoan, Maori, and Tahitian songs and dances, and

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to get other people involved and her excellence as a role model.”

Each year, the **Hawaii Medical Service Association (HMSA)**, a major sponsor of the recognition program, bestows the Akamai Living Lifetime Achievement Awards on those who made significant contributions in their communities. The Akamai Platinum Award was presented to **Lorraine Caceres** from the Kailua Senior Citizen’s Club. With almost 15,000 hours volunteering for the Benevolent and Protective Order of Elks and Does and to the Kailua Senior Citizen’s Club, she has been treasurer, secretary, newsletter reporter and editor, auditor, chaired committees, hosted membership meetings and made craft items. She has been a caregiver for several friends and demonstrates with her life’s choices that she is always there for her neighbors, giving to all in need without expectation of return.

Lanakila Meals on Wheels (LMOW) Program’s **Manuel Silva** was the recipient of the Akamai Gold Award. During Silva’s 15 years and 10,500 hours of service to LMOW Pauahi Group Dining Site, he has steadfastly focused on helping others. He has also given more than 3,200 hours to Oahu Community Correctional Center (OCCC), visiting prisoners and helping worship services. He became OCCC’s volunteer Chaplain’s Assistant in 1994. Described as a premier dedicated vol-

unteer by his nominator, Silva also helps the Neighborhood Watch and the Weed and Seed organizations.

Patricia Paakaula, a Sacred Hearts Parish nominee, has logged more than 2,000 hours at Sacred Hearts Church as a choir member, Parish Council Vice President and AIDS Ministry Chair. The Akamai Silver Award winner also contributed nearly 3,000 hours to the Life Foundation as a fund-raiser and presenter on AIDS concerns to local and national audiences. Tireless, selfless, boundless, and ageless were some of the words used to describe her. “Nothing daunts her and anything is possible,” said her nominator.

Sharing the Akamai Silver Award was **Pat Roth** from Temple Emanuel. Her nominator says that Temple Emanuel would be institutionally,

functionally, and humanly poorer without her presence. Her citation tells of her management skills in the temple store, her help with food service after worship and her church school secretary duties. She serves temple ministries by gathering gifts for disadvantaged children and by recruiting volunteers to pinch-hit for hospital employees during holidays and to serve at Salvation Army Thanksgiving meals.

Doris Rewick is devoted to the Central Union Church. Nominated by her daughter, Elizabeth, the Akamai Bronze Award winner serves as Sunday receptionist, newsletter preparer, choir member, scholarship chair and thrift shop helper. She volunteers for Bishop Museum, American Heart Association, American Cancer Society, Honolulu Symphony, United Church of Christ Board of Missions, among other organizations. After her husband passed away, Doris became her mother-in-law’s sole caregiver.

Nominated by the Makua Alii Senior Club, Akamai Bronze Award winner **Beatrice Terumoto’s** commitment to the City and County Senior Citizens program is extraordinary. She serves as Puu Wai Club President and Makua Alii Club Secretary. She is a District II Senior Council Board member and a Senior Advisory Council representative and has helped at several Mayor’s Cultural Fairs and Senior Recognition Programs. She also helps at AARP, Easter Seals, and Central Union Church.



ALZHEIMER'S: SOMEONE TO STAND BY YOU

By Janet Bender, Executive Director, Alzheimer's Association - Aloha Chapter



Forgetting someone's name or where we put the car keys is not unusual. We experience forgetful moments at times, and as we get older, it may become harder to remember things. The day-to-day tasks that were always completed with ease become increasingly difficult.

Alzheimer's disease is a physical illness that causes the brain to slowly lose its ability to think and to reason. About 4 million Americans have Alzheimer's disease and the risk of getting the disease goes up with age after 65. There are an estimated 20,000 persons in Hawaii with Alzheimer's disease and this number is expected to nearly double by the middle of this century. Hawaii has the fastest growing elderly population in the US. When you consider that "age" is the leading factor in Alzheimer's disease, Hawaii is facing a critical health issue the next ten years.

Alzheimer's is a form of dementia that affects a person's memory, mood, and behavior. It causes a decline in three main areas, which you can think of as "A-B-C" for short:

A is for Activities of Daily Living, being able to care for oneself, doing routine tasks, such as dressing or cooking.

B is for Behavior. This relates to mood and personality changes, such as a person's emotions, interest in being with others, and eating and sleeping patterns.

C is for Cognition, the mental task of thinking, reasoning, learning, and remembering.

In Alzheimer's disease, past memories and knowing how to behave are gradually lost. However, not everyone will experience the same symptoms in the same order. Symptoms progress at different rates and in different patterns.

There are three stages of Alzheimer's disease. In the **mild stage**, the individual begins to lose short-term memory and has difficulty remembering friends' names, familiar

objects, or appointments. In the **moderate stage**, the person needs help with basic self-care activities. They are often confused and may easily become agitated and angry. In the **severe stage**, the individual can no longer make decisions, has a hard time speaking, or may not recognize family members.

Caring for individuals with Alzheimer's is difficult and stressful. The disease not only impacts the person who has it, but also affects that person's caregivers and family members. Everyday the Alzheimer's Association receives calls like, "*My mother won't speak English any more...she's only speaking Japanese.*" Or "*My father is accusing my son of stealing all his food. My son would never steal.*" Or "*My wife has been missing for three hours...she just went for a walk. She has Alzheimer's disease. Can you help?*"

Some of the major problems caregivers experience include burnout, caregiver stress-related illnesses, and abandonment. Many of the difficult behaviors that happen can be managed by a combination of social care, appropriate diagnosis, and medication. To help a person with Alzheimer's disease stay physically healthy, ensure that they are:

- Taking medications as directed, including medicines prescribed for conditions other than Alzheimer's disease
- Getting regular checkups
- Eating balanced diets
- Exercising daily
- Resting when tired
- **Drinking less alcohol, if any**

Caregivers and family members exhibit greater health problems due to the physical, emotional, and financial strain of caregiving. However, seeking support helps them cope. A recent study revealed that Alzheimer's Association services have had overwhelming positive benefits for people with dementia and their caregivers. Families that

sought the association's help were less depressed and experienced less stress and illness, required fewer emergency room visits, and were less likely to feel isolated and embarrassed about their memory problems. To cope with feelings of fear, frustration, loneliness, depression, anger or loss, the caregiver should:

- Keep a journal or diary
- Join a support group
- Talk to a counselor or clergy member
- Share feelings with friends and family
- **Continue with activities that are enjoyed**

To help family members and health care professionals recognize warning signs of Alzheimer's disease, the Alzheimer's Association has developed a checklist of common symptoms.

1. Memory loss. While it is normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later.

2. Difficulty performing familiar tasks. People with dementia often find it difficult to do such things as preparing meals, using household appliances, or participating in a lifelong hobby.

3. Problems with language. Everyone has trouble finding the right word sometimes. A person with Alzheimer's often forgets simple words or substitutes unusual words, asking for "that thing for my mouth" instead of a toothbrush.

4. Disorientation to time and place. It's normal to forget the day of the week or where you're going. People with Alzheimer's can become lost on their own street, forget where they are and how they got there, and not know how to get back home.

5. Poor or decreased judgment. No one has perfect judgment all of the time. Those with Alzheimer's may dress without regard to the weather, wearing several shirts or blouses on a warm day or very little clothing in cold weather. They often show poor judgment about money, giving away large amounts of money to

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TEN MINUTES CAN SAVE A LIFE: Register for Safe Return

By Janet Bender, Executive Director
Alzheimer's Association - Aloha Chapter

The cases of Mr. Y, found after being missing for six days, Mr. S, who was found dead in a mangrove three days after he was first reported missing, and Mr. K, still missing since June 23, 2001, share a commonality: they were not registered in the Safe Return program. These three men represent a problem facing over 20,000 individuals in Hawaii afflicted with Alzheimer's disease and related dementias.

Few realize that wandering off and getting lost is a common and potentially life-threatening behavior of persons with Alzheimer's. As many as 60 percent of the 20,000 will wander at some point, often leaving home and unable to find their way back. They get lost for a variety of reasons. They may be searching for someone or something familiar, such as where they used to live or work. They may need something, such as food, water, a bathroom, or companionship, and cannot communicate about it, so they set out to find it. Confused and some-

times unable to ask for help, people with Alzheimer's are at risk from weather, traffic and those who prey on the helpless. Some have driven miles from home, while others have wandered only a short distance from their doorsteps.

The Alzheimer's Association's Safe Return program provides personalized ID bracelets and other identification materials. The program's toll-free 800 number, listed on the bracelet, is linked to a network of community service agencies and private citizens to identify people with Alzheimer's and help them return home. The program maintains a national database that stores emergency contact information and photographs of Alzheimer's patients. All information is available around the clock.

Registration in Safe Return costs \$40. Scholarship funds are available to help with the fee. Photos will be taken and information packets will be provided on behaviors leading to a loved one becoming lost and how to safeguard a home to prevent this from happening.

The Alzheimer's Association is the only national voluntary health organization dedicated to conquering the disease through research, and to providing education and support services to persons with Alzheimer's disease, their families and caregivers.

The association's Aloha Chapter

provides Alzheimer families and the public with programs and services including a 24-hour Helpline, free home and office consultations, education and training, neighborhood support groups, a monthly newsletter, and a lending library.

For more information about services or to register in Safe Return, call **591-2771** or visit the Alzheimer's Association, 1050 Ala Moana Blvd., D15, Honolulu, HI 96814 (located to the right of parking structure, across from Buffet 100 on the 2nd floor). They are open from 8:30 a.m.-5:00 p.m.

Safe Return registrations will also be conducted during a special awareness day at the following locations:

The Ponds at Punaluu

53-594 Kamehameha Highway
P.O. Box 909, Hauula, HI 96717

Date: **July 12, 2003**

Time: 10:00 a.m. - 2:00 p.m.

Contact Person: Angelina Hammond

Phone: **293-1100**

Leedham Adult Day Care Center

1275 Kailua Road

Kailua, HI 96734

Date: **July 12, 2003**

Time: 10:00 a.m. - 2:00 p.m.

Contact Person: Kelika Ishol

Phone: **261-4947**

Ward Warehouse-

Alzheimer's Association

1050 Ala Moana Blvd., #D15

Honolulu, HI 96814

Date: **July 26, 2003**

Time: 10:00 a.m. - 2:00 p.m.

Contact Person: Esther Daido

Phone: **591-2771**

ALZHEIMER'S: SOMEONE TO
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telemarketers or paying for home repairs or products they don't need.

6. Problems with abstract thinking. Balancing a checkbook may be hard when the task is more complicated than usual. Someone with Alzheimer's could forget completely what the numbers are and what needs to be done with them.

7. Misplacing things. Anyone can temporarily misplace a wallet or key. A person with Alzheimer's may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.

8. Changes in mood or behavior. Everyone can become sad or moody from time to time. Someone with Alzheimer's can show rapid mood swings—from calm to tears to anger—for no apparent reason.

9. Changes in personality. People's personalities ordinarily change somewhat with age. But a person with Alzheimer's can change a lot, becoming extremely confused, suspicious, fearful, or dependent on a family member.

10. Loss of initiative. It's normal to tire of housework, business activities, or social obligations at times. The person with Alzheimer's

may become very passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities.

If you recognize any warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting a physician. Early diagnosis of Alzheimer's disease or other disorders causing dementia is an important step in getting appropriate treatment, care and support services. If you or someone you know is caring for a loved one with Alzheimer's disease, please call the Alzheimer's Association at **591-2771**. Support is just a phone call away.

NEIGHBORHOOD SUPPORT GROUPS

Coping with Alzheimer's disease or related disorder does not have to be a lonely experience. It is common to feel alone, to think that no one can understand what is happening. By participating in a family support group, caregivers who have a loved one with dementia can share their feelings with others who understand. Listed below are support groups in your neighborhood.

AIEA/PEARL CITY

St. Timothy's Episcopal Church
Aiea Family Center
98-939 Moanalua Road
Third Monday, 7:00 p.m.
Robbyn Takeuchi, **591-2771**

KAILUA

Windward Seniors Day Care
Leedham Center, 1276 Kailua Road
First Saturday, 1:00 p.m.
Sara Funamura, **591-2771**

KAPOLEI

Ka Punawai Ola
Activities Room, 91-575 Farrington Hwy.
Fourth Saturday, 10:00 a.m.
Shelley Arguijo, **591-2771**

POETRY & JOURNALING

Alzheimer's Office, Ward Warehouse
1050 Ala Moana Blvd., D-15
First Saturday, 10:00 a.m.
Frances Kakugawa, **591-2771**

Caregivers meet in a non-judgmental, confidential, and sympathetic environment to share coping techniques, knowledge of the disease, awareness of community resources, and fellowship.

** Prior to attending any group, please call **591-2771** for questions, directions, and/or possible changes to schedule.*

EAST HONOLULU

Holy Nativity Church, Glantz Hall
5286 Kalaniana'ole Hwy.
Second Monday, 7:00 p.m.
Mel Nishihara, **395-9593**
Amy Littlejohn, **734-8719**

KANEOHE

Aloha Nursing & Rehab Centre
45-545 Kamehameha Hwy.
Second Saturday, 10:00 a.m.
Laura Kodama, **247-4890**

MAKIKI/ALA MOANA/WARD

Alzheimer's Office, Ward Warehouse
1050 Ala Moana Blvd., D-15
Third Saturday, 9:30 a.m.
Lydall Kawakami/Erin Uyeda, **591-2771**

WAHIAWA/MILILANI

Wahiawa General Hospital
2nd Floor Dining Room
Third Thursday, 7:00 p.m.
Rachel Sato, **621-6467**

The Alzheimer's Association - Aloha Chapter
Monday-Friday, 9:00 a.m.-5:00 p.m.
Oahu: **591-2771** Maui: **893-2152**
Hawaii: **981-2111** Kauai: **651-5460**

HELPLine

For caregivers in need of immediate support and assistance

24 hours a day, 7 days a week

Oahu: **591-0090**

Toll Free from the Neighbor Islands: **1-877-43-ALOHA (1-877-432-5642)**

ADULT DAY CARE/DAY HEALTH & OVERNIGHT LISTING

(* ADC facilities licensed by the State of Hawaii)

Adult Day Care (ADC) centers provide a structured setting in which people with Alzheimer's disease and other physical or cognitive impairments may enjoy activities such as exercise and craft-making, and benefit from personal counseling, therapy and other services. ADC programs provide respite for caregivers in a supportive, caring environment. The older person lives in their own home and when attending ADC programs, they have the opportunity for social interaction and stimulating activities. ADC program staff is trained to help with activities of daily living.

ADC centers may vary widely, and it is important to examine the key components of the best setting for your family member. If you are a caregiver and are considering having your loved one attend an ADC, you need to take time finding a program that is right for you and the

person attending. A common concern of caregivers is that their loved one will be unwilling to attend. A trial period will tell if the program can meet the needs of those attending. Give the center a chance. Consider using ADC at least twice a week for a month before making a final decision. Occasional use won't give you an accurate picture of how the center operates. In addition, give your loved one time to adjust to the experience of going to the ADC. While some people may resist going to the center at first, they often look forward to the visit after several weeks of attending, meeting people, and joining in activities.

ADC programs are available throughout Oahu. For more information on cost, hours of operation, activities provided, and eligibility requirements, please call the centers directly.

Aged To Perfection*
1445 California Ave.
Wahiawa, HI 96786
PH: **622-4771**

Aloha Adult Day Care*
45-545 Kam Hwy.
Kaneohe, HI 96744
PH: **247-2220**

Ann Pearl Day Health*
45-181 Waikalua Rd.
Kaneohe, HI 96744
PH: **247-8558**

Casamina Adult Day Care*
1426 Ala Napunani St.
Honolulu, HI 96813
PH: **839-9733**

Day Care In Ewa Beach*
91-950 Fort Weaver Rd.
Ewa Beach, HI 96706
PH: **689-0399**

Elsie Adult Day Care*
1005 Elsie Lane
Honolulu, HI 96826
PH: **753-4514**

Franciscan Adult Day Care*
2715 Pamoia Rd.
Honolulu, HI 96822
PH: **988-5678**

Furukawa's Living Treasure
Day Respite Center*
1449 Brigham St.
Honolulu, HI 96817
PH: **842-5175**

Hale Kako'o Respite Center*
1816 Alewa Dr.
Honolulu, HI 96817
PH: **595-0563**

Health Resources Elderly
Day Care*
828 18th Ave.
PH: **737-8998**

Kilohana United Methodist
Church
5829 Mahimahi St.
PH: **373-1669**

Kuakini Aiea Adult
Day Care*
98-939 Moanalua Rd.
PH: **487-1586**

Kuakini Nuanu Adult Care*
2345 Nuanu Ave.
Honolulu 96817
PH: **547-9534**

Leahi Adult Day Health -
PACE*
3675 Kilauea Ave.
Honolulu, HI 96816
PH: **733-7955**

Leedham Adult Day
Center*
1275 Kailua Rd.
Kailua, HI 96734
PH: **261-5027**

Maili Ola Adult
Day Care*
86-260 Farrington Hwy.
Waianae, HI 96792
PH: **696-4944**

PACE Hawaii - Day Health*
1027 Hala Dr.
Honolulu, HI 96817
PH: **836-6131**

Palolo Chinese Respite &
Adult Day Care*
2459 10th Ave.
Honolulu, HI 96816
PH: **735-9750**

Pekelo Hale*
106A Pekelo Pl.
Wahiawa, HI 96786
PH: **621-9687**

Ponds/Garden at Punaluu
53-594 Kam Hwy.
Hauula, HI 96717
PH: **293-1100**

Respite Nanea
P.O. Box 1285
Pearl City, HI 96782
PH: **524-2575**

Seagull Schools Adult
Day Care*
91-531 Farrington Hwy.
Kapolei, HI 96707
PH: **674-1444**

SECOH*
708 Palekua St.
Honolulu, HI 96816
PH: **737-7691**

Salvation Army Malama
Makua Adult Day Center*
296 Vineyard Blvd.
Honolulu, HI 96817
PH: **521-6551**

Waipahu Adult Day Care*
94-821 Kuhaulua St.
Waipahu, HI 96797
PH: **677-1770**

Windward Seniors Day
Care Center*
77 N. Kainalu St.
Kailua, HI 96734
PH: **261-4947**

Young Buddhist Association
1710 Pali Hwy.
Honolulu, HI 96813
PH: **373-1669**

CAREGIVER'S CORNER

Caregivers To Benefit From A New Link Between Physicians and Service Agencies:

Physicians in Hawaii are gaining increased awareness of the plight of family caregivers and learning about local services that can help alleviate caregiver burden. Elderly Affairs Division is one of more than 150 area agencies on aging across the country participating in a program to focus attention on caregivers who jeopardize their own health and to provide physicians referrals to support caregivers.

Because many caregivers do not identify themselves as such, physicians and their staff interact frequently with caregivers without knowing it. Caregivers often accompany an older relative to a doctor's appointment, or may see the doctor for health problems which they may not associate with their caregiving re-



sponsibilities. By participating in Making the Link: Connecting Caregivers with Services Through Physicians, local physicians will be better positioned to identify their caregiving patients and refer them to helpful services in the community.

It is estimated that in 23% of households nationwide individuals are providing care for someone who is at least 50 years old and suffering from physical or mental limitations. Caregivers often need help for themselves. Research studies have shown that caregiving often results in increased stress, depression, illness, and even premature mortality. Yet caregiving experts report that physicians do not routinely recognize the stress that caregivers are under or provide them information that might be of help. This new program is designed to start to remedy that situation.

"Caregivers often put their loved one's well-being first before their own," said Karen Miyake, County Executive on Aging. "With the help

of physicians we hope to help caregivers stay well."

Area Agencies on Aging across the country are increasingly providing services to caregivers as the result of the National Family Caregiver Support Program, enacted by Congress in 2000 as part of the Older Americans Act. In Honolulu, the services available for caregivers are:

- Information on Services
- Case Management for Caregivers
- Support and Education Groups
- Individual Counseling
- Respite Care Options

Staff from the Elderly Affairs Division will be visiting the offices of primary care physicians, internists, family practitioners and geriatricians to "make the link" and spread the word about caregiver needs and caregiver services. And as opportunities arise, they will present information on caregiving at physician meetings and in other relevant forums.

(This column features tips for caregivers or answers questions from caregivers. To submit questions or concerns, please call 523-4762.)



By
Tony
Baccay

Service Providers Celebrate Volunteer Week:

Oahu's aging network service providers joined in honoring volunteers during National Volunteer Week, April 27 - May 3, 2003. In keeping with the 30th Anniversary and this year's theme, "Celebrate Volunteers—The Spirit of America," service providers honored and thanked the volunteers assisting their programs who make a difference in the community. Many volunteers in their 80's and 90's faithfully show up on a daily basis and have been

serving continuously in various capacities. During FY2001-02, volunteers for senior programs contributed over 140,000 hours of service. Recognizing that volunteers are a valuable resource to senior programs, EAD "thanks" and "salutes" the many senior volunteers helping their fellow seniors.

National Volunteer Week began in 1974 when President Nixon signed an Executive Order establishing the week as an annual celebration. Every President since has signed a proclamation promoting National Volunteer Week as a time to recognize and celebrate the efforts of volunteers at the local, state, and national levels.

March for Meals Huge Success:

Lanakila Meals on Wheels (LMOW) and Hawaii Meals on Wheels (HMOW) joined senior nutrition programs nationwide in the

annual "March for Meals" campaign. The goal of the campaign was to increase public awareness "that no senior goes hungry." The campaign was also used to raise funds and recruit volunteers to assist with the delivery of meals to frail individuals. LMOW provides home delivered meals to 2,000 seniors. In addition, Lanakila serves 2,500 seniors at 37 Group Dining meal sites throughout the island. Both programs provide important social contact. For more information about the programs or how you can help, contact LMOW at **531-0555** or HMOW at **988-6747**.

Ponds Receives Extended Care License:

The Ponds at Punalu'u, an assisted living facility located in Punalu'u on the Windward side of Oahu, was granted an Extended Care Adult Residential Care Home

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(ARCH) license from the Office of Health Care Assurance effective December 1, 2002. The license permits The Ponds, a Type I facility with five Extended Care ARCH beds, to admit residents who need 24-hour nursing level care. There are two types of Extended Care ARCH's:

1. Type I homes have five or less residents.
2. Type II homes have six or more residents with no more than ten percent of the home's licensed capacity as nursing facility level residents.

A typical Extended Care resident would come from his or her own home, a hospital, or other care setting. Either Kaiser Community Case Management or Aloha Care Service will manage residents and will be responsible for the overall management of the residents while The Ponds will be responsible for the more direct care. For more information please call Angelina Hammond at **293-1100 ext. 224**.

Caregiver Conference



The 2nd *Caring for Family, Caring for Yourself: A Caregivers Conference* will be held on September 6, 2003, 8:00 a.m. -3:30 p.m., at the Sheraton Waikiki Hotel. Co-sponsored by AARP, Alu Like, Elderly Affairs Division, and HMSA, the conference will bring together presenters experienced in the field of gerontology and caregiving who will provide practical and useful information. There will be 21 concurrent sessions geared to assist family caregivers with topics ranging from coping with behavior challenges

to balancing multiple caregiving tasks. Highlights will include an open plenary session with keynote speaker Elinor Ginzler from the national AARP office in Washington D.C. Ms. Ginzler is an expert in the field of independent living and long-term care. Additionally, various exhibits and self-care activities will be featured throughout the day. For more information or to obtain registration forms, please call **523-4545**.

Guides For Everyone!

The 4th Edition of The Kupuna Guide is now available at the Assistive Technology

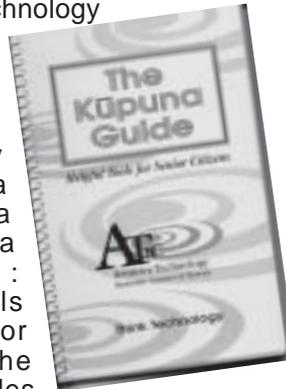
Resource Centers of Hawaii (ATRC).

Formerly known as Na Mea Hana Kokua I Na Kupuna: Helpful Tools for Senior Citizens, the guide provides

information on Assistive Technology (AT) devices and resources for senior citizens. AT devices are items or equipment that enable people to maintain or improve their functioning and help them to better achieve their goals. A device can be something simple such as fastening tape on clothes in place of buttons or magnifiers that enlarge prints. AT can also be more complex such as computers or computer equipment that can be operated by voice commands or the blink of an eye.

The success of the previous booklet has also generated Tools To Use, a guide containing basic information of AT for various abilities and ages. The guide includes information on "high tech" devices such as computer software and augmentive communication.

The ATRC is a statewide non-profit organization that links individuals with technology so all people can participate in community life. ATRC also empowers individuals to maintain dignity and control in their



lives by promoting technology through education, training, information, and advocacy. For more information about AT or to request a copy of The Kupuna Guide and Tools To Use (first copy is free, additional copies are \$4 each), please call **532-7110** or visit the center at 414 Kuwili Street, Suite 104, Honolulu 96817.



We all know how hard it can be to kick the physical inactivity habit but recent research shows that even the most inactive people can gain health benefits if they become even slightly more active. Approximately 34 percent of the 50-plus population is sedentary. As part of the solution to physical inactivity epidemic, AARP, in cooperation with other agencies, is offering two free opportunities to get in shape:

1. Free workshops for mid-life and older adults (50+) to get started on activities to create a healthier heart and muscles. The 4 1/2 hour workshops will be conducted at the following locations: Saturday, June 7, 2003 Windward Community College, Kaneohe; Friday, June 13, 2003, Pearl City Public Library, Pearl City; and Saturday, June 14, 2003, HMSA Multi-Purpose Room, Honolulu. Participants will receive free pedometer and strength training resistance band; free physical activity video, workbook and healthy living brochures; and free lunch.

2. July through October, *Shape Up Across Hawaii* project will be offered as a framework for individuals and groups to challenge themselves to become more active. **This project is open to people of all ages.** Participants count minutes of activity as miles traveled across the state. Those who complete the virtual journey by October 31, 2003 will earn a Certificate of Achievement.

With small increases in every day activities, people can reap huge rewards in their health and well-being. For more information about the two programs, please call AARP at **843-1906**.

Calendar of Events 2003

June 2003

3 "Take Charge of Your Money!", an eight-part television series featuring local professionals who share their expertise as guest speakers on various money management topics with no company or product endorsements. Oceanic channel 55 and Craig channel 21 on Oahu will broadcast June 3-12, 2003, 12:00 p.m., with 2 repeats on July 21-30, 2003. To assist home viewers, a Viewer's Guide telecourse packet that includes specific television schedules, handouts, and internet information is available to enrolled participants for a nominal \$10 fee. The following are scheduled topics and dates of airing: *What Does My Future Hold? Preparing to Plan*, June 3 □ *What Do I Own? Getting Organized to Move Forward*, June 4; *Banking and Credit*, June 5 □ *It's Your Money*, June 6 □ *Understanding Insurance*, June 9 □ *Retirement-What Works? Planning Your Security & Freedom in Retirement*, June 10 □ *Legal Issues in Caregiving Deciding "What If?"*, June 11 □ and *Effective Use of Estate Planning*, June 12. For more information, please call **956-7212**.

7 The AARP Driver Safety Program is the first and best recognized comprehensive nationwide course designed especially for the older driver. It takes into consideration the physical changes of the mature driver and identifies ways older drivers may compensate for those changes. The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued at completion of course. St. Francis Medical Center Liliha, **547-8410**, June 7 & 14, 8:30 a.m.-12:30 p.m. □ Kaiser Mililani Clinic, **432-2260**, June 14 & 21, 9 a.m.-1 p.m. □ AARP Information Center, **843-1906**, June 20 & 27, 12 noon-4 p.m.

7 Free workshops for Shape Up Across Hawaii. Trying to become more active? Need Help? If you are 50 years or older and not meeting the minimum health guideline of 30 minutes, 3 times/week, and want to get started on activities to create a healthier heart and muscles, join

AARP and other sponsors in 4 1/2 hour workshops created for sedentary mid-life and older adults to give them the tools and resources needed to become more physically active. Workshops are from 10:00 a.m.-3:30 p.m. (lunch included) at the following dates/locations: Saturday, June 7, 2003, Windward Community College, Kaneohe □ Friday, June 13, Pearl City Public Library, Pearl City □ and Saturday, June 14, HMSA Multi-Purpose Room, Honolulu. For more information and registration, call AARP at **843-1906**.

12 19th Annual Seniors Health Fair, sponsored by the Japanese Chamber of Commerce Charitable Corporation, Thursday, June 12, 8:30 a.m.-12:00 p.m. in the Manoa Grand Ballroom, 5th Floor, Japanese Cultural Center of Hawaii Building, 2454 So. Beretania Street. Open to the public. Offers a wide range of health-related activities to include medical testing, nutrition, elder care, long-term/estate planning, retirement living, caregiving tips, and other relevant topics or services that would benefit Hawaii's growing senior population. "Lucky number" prize drawing will be held.

21 Medicare vs. Medicaid: Coverage Confusion, presented by SAGE PLUS Program, Executive Office on Aging, Saturday, June 21, 10:00 a.m. - 11:30 a.m., Ward Warehouse, Kakaako Room, 1050 Ala Moana Blvd., Bldg D15. Back by popular demand! Families, caregivers, health care professionals, and the general public will hear speakers from the SAGE PLUS program discuss: basic descriptions of Medicare, Medicaid, & Medicaid Long Term Eligibility, health care and health service coverage. Please RSVP by June 19. For reservations & more information, call **591-2771**.

July 2003

5 The AARP Driver Safety Program is presented in two 4-hour sessions at several sites. There is a \$10 fee for each attendee. A Certificate of Completion will be issued at completion of course. Kapahulu Senior Center, **737-1748**, July 5 & 12, 8:30 a.m.-12:30 p.m. □ St. Francis Medical Center Liliha, **547-6410**, July 5 & 12, 8:30 a.m.-12:30 p.m. □ Kaiser

Hawaii Kai Clinic, **432-2260**, July 12 & 19, 8 a.m.-12 noon □ Kaiser Honolulu Clinic, **432-2260**, July 22 & 29, 12 noon-4 p.m. □ Waianae United Methodist Church, **668-7169**, July 23 & 24, 8:30 a.m.-12:30 p.m.

August 2003

2 The AARP Driver Safety Program is presented in two 4-hour sessions at several sites. There is a \$10 fee for each attendee. A Certificate of Completion will be issued at completion of course. St. Francis Medical Center Liliha, **547-8410**, August 2 & 9, 8:30 a.m.-12:30 p.m. □ Hawaiian Eye Center, **621-6369**, August 18 & 25, 8:30 a.m.-12:30 p.m. □ Lanakila Senior Center, **847-1322**, August 20 & 22, 8 a.m.-12 noon □ AARP Information Center, **843-1906**, August 22 & 29, 12 noon-4 p.m.

7 3rd Annual Lanakila Meals on Wheels Senior Health Fair, Friday, August 8, 9 a.m.-12 noon, McCoy Pavilion. The health fair will have various booths sponsored by different organizations that work with the senior population. They will also have guest speakers and entertainment throughout the event. The Health Fair is open to Lanakila Meals on Wheels participants only. For more information, please call **531-0555**.

22 8th Annual Lanakila Meals on Wheels Invitational Golf Tournament, Friday, August 22, Kapolei Golf Course. Open to the public. Great fun, Great friends. . . what Great golf! Deadline for registration is July 25. For more information, contact Jimmy Wakafuji at **531-0555**.

23 Elder Fraud: Sweepstakes & Telemarketing, Saturday, August 23, 10:00 a.m.-11:30 a.m., Ward Warehouse, Kakaako Room. A number of Hawaii's elders frequently fall prey to sweepstakes and telemarketing scams. Due to impaired judgement and memory loss, persons with Alzheimer's disease can easily fall victim to moneymaking scams. HPD's Criminal Investigations Division will present tips on how to prevent elders from becoming a victim to fraudulent moneymaking scams, discuss action steps if your loved one is currently

Continued on back page

being victimized, and provide helpful information to prevent further crimes from occurring. For reservations and more information, call 591-2771. RSVP by August 22.

September 2003

6 The AARP Driver Safety Program is presented in two 4-hour sessions at several sites. There is a \$10 fee for each attendee. A Certificate of Completion will be issued at completion of course. Kapahulu Senior Center, **737-1748**, September 6 & 13, 8:30 a.m.-12:30 p.m. □ St. Francis Medical Center Liliha, **547-8410**, September 6 & 13, 8:30 a.m.-12:30 p.m. □ Kaiser Mililani Clinic, **432-2260**, September 13 & 20, 9 a.m.-1 p.m. □ Kaiser, Hawaii Kai Clinic, **432-2260**, September 13 & 20, 8 a.m.-12 noon □ Waianae United Methodist Church, **668-7169/695-8196**, September 17 & 18, 8:30 a.m.-12:30 p.m. □ Kaiser Honolulu Clinic, **432-2260**, September 23 & 30, 12 noon - 4 p.m.

6 Caring for Family, Caring for Yourself: A Caregiver's Conference, Saturday, September 6, 8 a.m.-3:30 p.m., Sheraton Waikiki Resort. Are you concerned about an older family member or friend whose health is declining? Do you help an elderly person with meals, transportation, housework or other tasks? Do you want to learn about services to help elder persons and caregivers? Sign up now to attend the conference that will bring together presenters experienced in the aging and caregiving fields who will provide practical and useful information. Call **523-4545** for more information.

26 Seniors' Fair: The Good Life Expo, Friday - Sunday, September 26-28, 8:30 a.m.- 4:30 p.m., Blaisdell Exhibition

Hall. The Good Life Expo, produced by Production Hawaii, Inc., showcases relevant and interesting products, services, facilities, programs and organizations in a major 3-day event designed especially for the 50-plus communities. The expo features over 200 exciting exhibits, along with educational seminars, lectures, workshops and continuous classes, cooking demonstrations and much more. Admission is free. For more information, call Productions Hawaii at **832-7878**.

**Department of Community Services
ELDERLY AFFAIRS DIVISION**

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu.

To be placed on the mailing list, please call **523-4545**.
Written contributions to the newsletter are welcomed.

*JEREMY HARRIS, Mayor
City and County of Honolulu*



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